



# JOHN FORREST Secondary College

INDEPENDENT PUBLIC SCHOOL

Cricket Music Netball Tennis

## SPECIALIST NETBALL PROGRAM

Approved by the Department of Education.

*Develop your netball skills while at John Forrest Secondary College*

Students in the John Forrest Specialist Netball Program pursue netball with the assistance of professional, accredited teachers and coaches. The program offers opportunities including intrastate and interstate tournaments, as well as local competitions and match play. Students build their fundamental skills and understanding of netball through Years 7 to 10 (see course details below) and can pursue clear and established educational and workplace pathways in our senior school and beyond.

Specialist Sport Program students have a unique opportunity to develop leadership skills and self-discipline. Students are expected to maintain a high level of endeavour in all learning areas, not only their chosen sport and are expected to participate in the wider College community.

**The Specialist Netball Program requires a commitment of four years (Years 7-10).**

### COURSE DESCRIPTION

- Develop leadership skills and self-discipline.
- The history of netball.
- Umpiring, including player's exam.
- Goal setting and team building.
- Development of netball skills and strategies.
- Diet and nutrition.
- Video game analysis.
- Equipment technology.
- Fitness training and testing as set out by the Netball Australia curriculum.
- Sports medicine awareness.

### QUALIFIED STAFF

The John Forrest Specialist Netball Program is coordinated by Netball Teachers who all hold Netball WA Coaching Accreditation and who have played representative netball at the highest standard, including WANL, State Representation and play/coach Division One, PNA, Wanneroo Districts Netball Association and Noranda Netball Club.

### FACILITIES

The College has outstanding facilities, including two quality netball courts and a fully equipped weights/training room.



### COMPETITIONS

Students are involved in competitions, including

- NERPEA Regional Carnivals.
- Specialist Schools Netball Carnivals.
- WA School Sports (Champion Schools Tournament).



### IMPORTANT INFORMATION

We are proud to offer students the opportunity to pursue their individual interests and strengths through participation in **one of our four** Specialist Programs. The Specialist Programs are timetabled as electives. Queries about the impact of this on student course selection may be discussed with the Deputy Principal.

Please contact Fiona Marrs (T: 9473 4013 or E: [JohnForrest.SC.SpecialistPrograms@education.wa.edu.au](mailto:JohnForrest.SC.SpecialistPrograms@education.wa.edu.au)) to obtain an application form if you are interested in becoming part of the John Forrest Secondary Specialist Netball Program.

**Applications must be received by Friday 26 April 2024.**



**John Forrest Secondary College**

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